

# Kids Menu

All items include a choice of one side: French Fries, Veggie Sticks or a Fruit Cup.

|   |        |
|---|--------|
| Peanut Butter & Jelly Sandwich<br>with or without crust   | 5      |
| Grilled Cheese<br>with tomato or bacon                    | 5<br>6 |
| 4oz. Hamburger<br>with or without cheese                  | 5      |
| Grilled Chicken Pita                                      | 5      |
| Chicken Fingers<br>with lite ranch or honey mustard sauce | 5      |
| Hot Dog   | 5      |



## / Stations

**Salad Station**  
Tuesday & Friday  
11:30am-2:00pm  
\$7.95 (\$8.95 with soup)



1904 Atlantic Ave. Manasquan, NJ 08736  
732.223.2100  
[www.theatlanticclub.com](http://www.theatlanticclub.com)

*The Cafe*  
at The Atlantic Club



# Menu

### Hours

|                 |               |
|-----------------|---------------|
| Monday-Thursday | 7:00am-8:30pm |
| Friday          | 7:00am-8:00pm |
| Saturday        | 8:00am-3:30pm |
| Sunday          | 8:00am-2:00pm |

## Cold Drinks

|                            | SM   | LG   |
|----------------------------|------|------|
| Soda/Iced Tea              | 1.25 | 1.95 |
| Juice                      | 1.50 | 2.15 |
| (Cranberry, Apple, Orange) |      |      |
| Milk                       | 1.25 | 1.95 |
| Chocolate Milk             | 1.50 | 2.25 |
| Coffee/Hot Tea             | 1    |      |
| Bottled Water              | 2    |      |
| Gatorade                   | 2.50 |      |
| Assorted Snapple           | 1.95 |      |
| V8                         | 2.50 |      |
| Domestic Beer              | 4    |      |
| Imported Beer              | 5    |      |
| Wine                       | 5    |      |

## Juice Bar Shakes

### Performance Shakes

Banana Nut Blast  
Berry Burst  
Body Builder  
Cardio Freeway  
Chocolate Frosty  
Mango Madness  
Peanut Butter Cup  
Strawberry Surge  
Thrilla in Vanilla  
Tropical Thunder  
Recovery Shakes  
Berries A'more  
Hawaiian Harvest  
Mango Tango  
Strawberry Classic

### Coffee Shakes

Java Jolt  
Latte Launch  
Mocha Java  
Mocha Latte  
Mocha Motion  
Truly Latte

### Kids Shakes

Classic Strawberry  
Junior Chocolate Frosty  
Strawberry Shortcake



## Appetizers

|  |      |
|--|------|
| Flatbread with grilled portobello & swiss  | 6    |
| American Cheese & Sliced Tomato Flatbread  | 5    |
| Chicken & Cheese Flatbread   | 6    |
| <b>TIO</b> Vegan Flatbread with mixed veggies in a lite Ranch Dressing             | 6    |
| Chicken Finger Platter   | 6    |
| Carrot & Celery Sticks with peanut butter or <b>TIO</b> with a lite Ranch Dressing | 3.50 |
| <b>TIO</b> Carrot, Celery, Cucumber & Red Pepper Sticks with a lite Ranch Dressing | 5    |
| <b>TIO</b> Fruit Parfait with yogurt & granola                                     | 4.25 |
| Soft Pretzel   | 2    |
| French Fries   | 2.75 |

## Soaps



|                            |      |             |      |
|----------------------------|------|-------------|------|
| Soup of the Week           |      |             |      |
| Soup of the Day            |      |             |      |
| Cup                        | 3    | Pint To Go  | 5    |
| Bowl                       | 4.50 | Quart To Go | 8.50 |
| Add any soup to any entree | 2    |             |      |

## Sides

|  |      |
|--|------|
| <b>TIO</b> Julienne Cucumber & Red Peppers | 2.75 |
| Carrot Salad                               | 2.75 |
| French Fries                               | 2.75 |
| <b>TIO</b> Carrot & Celery Sticks          | 2.75 |



## Salads



|   |  |
|---|--|
| <b>Tuna Salad Platter</b><br>served on a bed of romaine lettuce with onion, tomato, cucumber, carrot, celery sticks & your choice of dressing 7.95                                      |  |
| <b>TIO</b> Spinach & Grilled Portobello Salad<br>served with bacon, red onion, shredded carrots & a warm raspberry vinaigrette 7.95   |  |
| <b>TIO</b> Garbanzo Bean Salad<br>served with garbanzo beans, red onion, tomato, zucchini, celery and corn tossed in a house vinaigrette 6.95   |  |
| <b>TIO</b> Flatbread Salad<br>served in a grilled flatbread topped with lettuce, spinach, diced tomato, pepper, cucumber, shredded carrot, grilled chicken & a lite ranch dressing 8.95 |  |
| <b>TIO</b> Chicken Filange Salad<br>served with shredded chicken, julienne carrots, celery and onions tossed in a lite vinaigrette 6.95   |  |
| <b>Caesar Salad</b><br>Add grilled chicken or grilled blackened salmon. 6.95/8.95/9.95  |  |

## Entrees



|   |  |
|---|--|
| <b>TIO</b> Grilled Salmon Bruschetta<br>Atlantic Salmon grilled & served with seasoned, diced tomatoes on a bed of spinach with brown rice 9.95 |  |
| <b>TIO</b> Lemon Pepper Chicken<br>Grilled chicken breast with a lemon-pepper seasoning served with brown rice & vegetables 8.95                |  |
| <b>TIO</b> Fresh Broiled Cod with Lemon Butter<br>served with fresh sauteed spinach & brown rice 8.95   |  |
| <b>Hot Open Roast Beef</b><br>served atop of a 7-grain roll with portobello mushrooms, gravy & french fries 8.95                                |  |
| <b>Homemade Beer Battered Fish &amp; Chips</b><br>served with tartar sauce & lemon 8.95   |  |

## Flatbreads

All Flatbreads are served on a wheat, white or tandoori flatbread. Includes a choice of one side dish.

|  |      |
|--|------|
| <b>TIO</b> Grilled Salmon with diced tomatoes, spinach in a lemon emulsion         | 7.95 |
| <b>Tuna Melt</b><br>with tomato & melted swiss                                     | 6.95 |
| <b>TIO</b> Grilled Chicken with lettuce, tomato, onion & lite Balsamic vinaigrette | 6.95 |
| <b>TIO</b> Vegan Hummus with lettuce, tomato & onion on a tandoori flatbread       | 5.95 |

## Sandwiches



All Sandwiches are served on a Ciabatta, 7-grain roll, white or wheat bread. Includes a choice of one side dish.

|   |  |
|---|--|
| <b>TIO</b> Fresh Ground California Chicken Burger with lettuce, tomato, onion & a side of lite mayo 6.95                        |  |
| <b>Angus Mushroom Swiss Burger</b><br>Fresh ground Angus beef served with grilled portobella mushrooms & a side of aus jus 7.95 |  |
| <b>Hot Homemade Top Round French Dip</b><br>with sauteed red onion served with a side of aus jus 8.95                           |  |
| <b>Homemade Beer Battered Cod</b><br>served with lettuce, tomato, tartar sauce & lemon 7.95                                     |  |

## Triple Decker Clubs

All Clubs are served with lettuce, tomato, bacon & mayo. Includes a choice of one side dish.

|                                      |      |
|--------------------------------------|------|
| <b>Tuna Salad</b>                    | 6.95 |
| <b>Chicken Filange Salad</b>         | 6.95 |
| <b>Grilled Chicken</b>               | 6.95 |
| <b>Homemade Top Round Roast Beef</b> | 7.95 |

**TIO** \*Take It Off friendly (ask server for appropriate serving size)